A Twice Daily Prayer

I will begin and end each day with Jesus and Mary in my heart. I imagine turning to Jesus and feeling His gentle and loving spirit all around me. It's like He is quietly asking me to follow Him, to stay close.

And then there is Mary, so kind and motherly always ready to help me bring my thoughts back to Jesus. I think she wants me to make my daily prayers and devotions part of my life - something I never omit.

If I can do this every day, maybe my heart will feel a little more like theirs - full of love and peace.